Quarantine Helps Slow the Spread of COVID-19

Quarantine means to stay home.

People who were near someone with COVID-19 must quarantine.

Quarantine for 14 days if you were near someone with COVID-19.

Take your temperature two times each day.

Stay away from other people.

Stay away from people with other health problems.

Isolation Helps Slow the Spread of COVID-19.

Isolation means to stay away from other people.

People with COVID-19 must stay in isolation.

People with COVID-19 must stay away from other people.

People with COVID-19 must stay away from people in their home.

Steps if You Have COVID-19 and Feel Sick

Stay at home when you have COVID-19.

Stay away from other people.

Stay in your own room.

Clean your own room.

Use your own bathroom.

Clean your own bathroom.

Stay home until you feel better.

Stay away from pets and service animals.

You may have to stay home for a while.

You may have to stay home for at least 10 days.

Tell someone if you are worried about how you feel.

Steps if You Have COVID-19 and Feel Well

Stay at home when you have COVID-19.

Stay away from other people.

Stay in your own room.

Clean your own room.

Use your own bathroom.

Clean your own bathroom.

Stay away from pets and service animals.

You may have to stay home for a while.

You may have to stay home for at least 10 days.